

MORGAN HILL SPLASH AQUATICS

The Morgan Hill Splash is a recreational year round swim program that offers fun and fitness to children between the ages of 5 and 18. Each participant has the option of participating year round or for the summer months only. The focus of our coaches is to make swimming fun while also building the participants endurance and skills. All practices will be held at the Morgan Hill Aquatics Center Competition pool.

COACH David

- Lifeguard Certified
- First Aid/CPR Cert.
- Swimming & Polo in high school

COACH Mike

- 30 years coaching experience
- ASCA Level 2
- 2014 Zone 1 South All Star Coach
- 2014 Western Zones Coach

COACH Prashan

- LG/First Aid/CPR Cert.
- Water Safety Instructor
- Sobrato Swim Coach – Spring 2014

WHAT TO EXPECT AT PRACTICE:

The Morgan Hill Splash Swim Team is based on three simple functions: Fun, Family and Fundamentals! Our practices will be run with these ideas in mind! We believe that swimming should be fun and that the kids enjoy themselves. We will start with a warm-up either in the pool or on deck with dry-land training! Our swim sets aim at improving the strokes and endurance of our swimmers! We understand the importance of proper technique, so we'll spend the time necessary with each swimmer to achieve this! Each practice will end with a fun activity, such as a relay race or game that still implements the fundamental swim skills.

OUR PHILOSOPHY

- Morgan Hill Splash Aquatics is dedicated to promoting swimming as a lifelong sport.
- Our goal is to teach our swimmers to become quality individuals by focusing on skill development, self-esteem, teamwork, self-discipline, asset development and respect.
- We will strive to build a solid foundation of swimming skills that can be used throughout each participant's swimming career and beyond.
- We will promote family involvement and encourage relationship building within the family and the community.
- We are committed to Fun!

PARENT VOLUNTEER INFORMATION:

Without parent participation, our swim meets and special events would not be possible. Volunteers are the key to success of our swim team. We require that all swim team families must have one parent or other responsible adult contribute approximately 20 hours over the summer season. These hours can be completed in a series of positions at swim meets as well as at team social events. Attached is the Volunteer Job Sign Up form. Please return to your coaches on your first day of practice.

Morgan Hill Aquatics Center, 16200 Condit Rd., Morgan Hill
Questions: (408) 310-4301 email: Lisa.Rick@morganhill.ca.gov



Volunteer Job Descriptions



Announcer (requires training):

Announces the name of the event that is up as well as the one that is waiting "on deck".

Starter (requires training):

Meets with the timers before the meet begins to check all stopwatches and goes over the rules of timing. Starts each race by (1) calling to swimmers "swimmers step up to the block" (2) ask the timers if they are ready "timers are you ready" (3) starts the race with "take your mark", then pushes the timing system button to sound start. The starter needs to keep the meet running, insuring that he or she is in sync with the announcer on event number and heat.

Clerk of the Course:

Shall be in charge of the ready bench. All swimmers will report to the Clerk of the Course when their race is called. Clerk will then assemble swimmers for every heat and organize them by lane order prior to event stepping up to the blocks.

Stroke and Turn Judge (requires training):

Must attend a clinic to train in swimming rules and execution of stroke and turns. S & T judges are the only people allowed to disqualify a swimmer for improper stroke or turn. They do their best to be fair to all competitors, giving the benefit of the doubt to the swimmer. Judges fill out DQ slips and give completed slips to the runners to be turned in to the scoring table immediately.

Lane Timer:

Confirms that the name on the card is that of the swimmer in the lane. Operates manual stopwatch, writes the watch time on the entry card, then hands it off to the runner. Also, help prevent heads of 8 and under back-strokers from striking the wall.

Runner:

Take cards from swimmers at blocks to timers at the other end (if necessary). Then take the cards from the timers after swimmers times have been recorded on them and deliver them to the computer desk.

Computer data entry:

Run meet program and keeps track of the score as the meet progresses by in putting swimmers names and times into the computer. Provides meet results and produces a hard copy of the meet results to the visiting team.

Awards:

Applies the swimmers race times label on the ribbons; will need to write the times on the label if the computer is not working and for all relays. Then files ribbons in the appropriate folder.